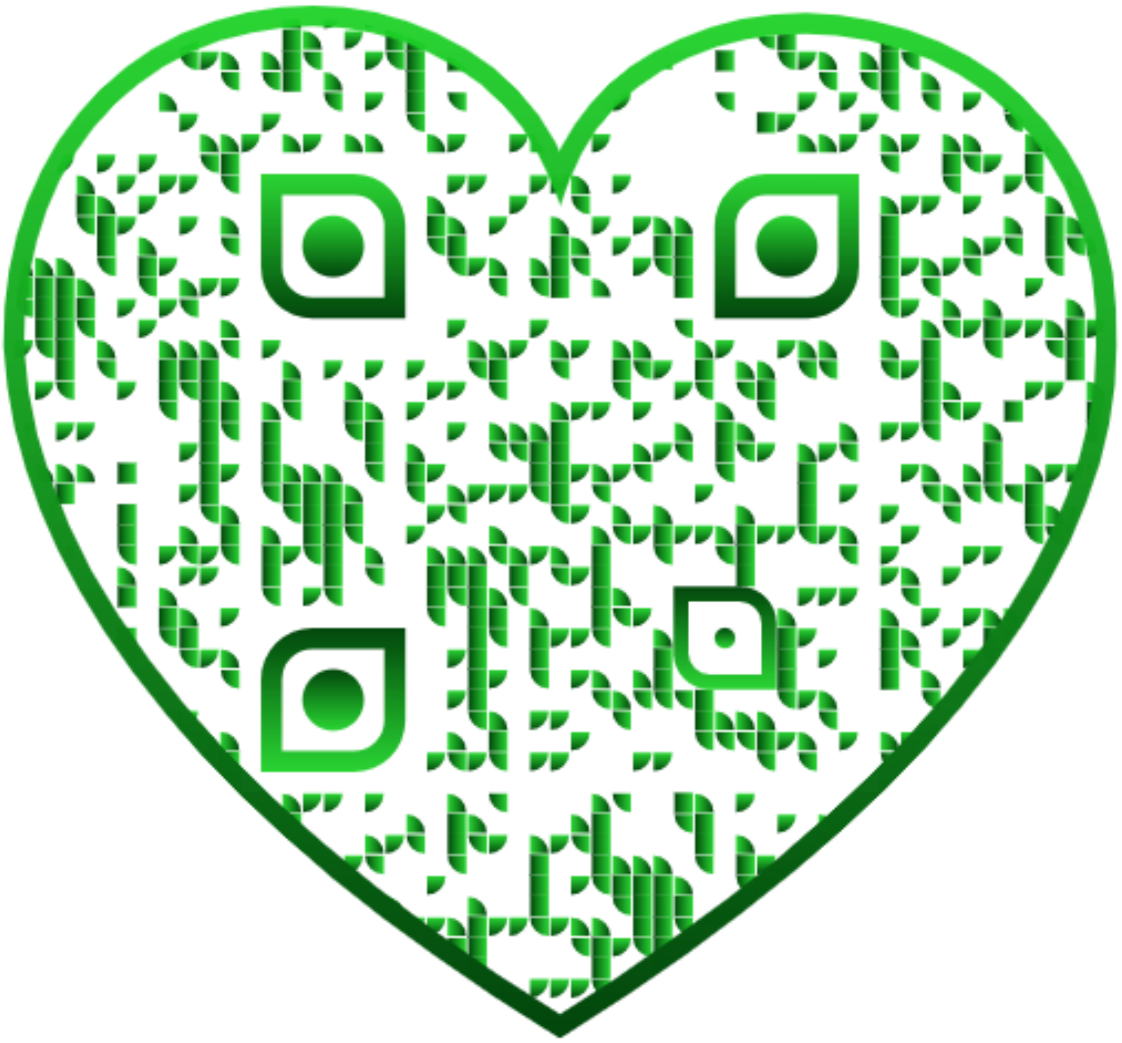
General Examination

QUSHAISH COLLECTION



Heart

General Examination

* Face 80

- **Anemia** "Pale Conjunctiva"
  - ?why:- - Anemia can precipitate heart failure
    - Prosthetic valve cause hemolysis
    - Infective endocarditis causes Anemia
- **Jaundice** "yellow discoloration of the sclera"
  - ?why:- - CCF → can cause liver Congestion.
    - Prosthetic valve → hemolysis
- **Xanthelasma** "yellow, raised lesions around the eye"
  - indicative of high serum cholesterol
- **Corneal arcus** "yellow ring seen overlying the iris"
  - Significant in Patient < 40 yr, can be normal in older Pt.
  - indicate hyperlipidemia.
- **Malar flush** "Mitral facies"
  - rosy cheeks suggestive of mitral stenosis.
- **Cyanosis** :- "seen as bluish discoloration of the lips & tongue"
- **Dental hygiene** :-
  - a common source of organisms causing endocarditis.

* Neck :-

- **Carotid pulse :-**
  - Auscultate First :- for Bruit.
  - Palpate :- by thumb / palpate gently / never asses both Caroticls simultaneously.

- **JVP :-**

- The jugular veins connect to SVC & the Right atrium without any valves → so any change in pressure in Rt. atrium will transmit a pressure wave up these veins.

- The Internal Jugular Vein (IJV) is used

? why → b/c the (EJV) External jugular vein has tortuous course, means that impulses are not transmitted readily.

- the Center of the Rt. atrium lies ≃ 5 cm below the sternal angle which used as reference Point.

- the normal JVP is ≃ 8 cm of blood (therefore 3 cm above the sternal angle)

* Hands:-

- Temperature → cold in C.C.F
  ↳ warm / sweaty → thyrotoxicosis
  ↑ T_3 → causing high C.O failure
  ↳ Precipitate heart failure
  ↳ Cause AF - arrythmia
- State of the nails:-
  - Blue discoloration → If peripheral blood flow is poor.
  - Splinter hemorrhage (small streak-like bleeds in the nail bed).
    - Seen in Infective endocarditis
- Finger clubbing :-
  - Cardiac Causes:- - Infective endocarditis
    - Cyanotic congenital heart disease.
- osler's nodes :- Red, tender nodules on the finger Pulps.
  - Seen in Infective endocarditis
- Janeway lesions: non tender, erythematous macule seen on the palm
  - In Infective endocarditis
- Check for tremor :- - Fine tremor → thyrotoxicosis
- Entire skin surface → - for Petechia / ecchymosis.

* Lower limbs:-

- **Pedal edema:-**
  - If its Unilateral / bilateral
  - Is it Pitting / non-Pitting
  - how high its extends :- ankle / leg / thigh
  - If the edema extends beyond the thighs → Its imp. to examin the external genetalia "in Men"
- **Peripheral Pulsation :-**
  - Posterior tibial a.
  - Dorsalis Pedis a.
- **Ischemic changes :-**
  - shiny, pale skin
  - Cold limbs
  - loss of hair
  - Abscent Peripheral pulse
  - If Severe :- Ischemic ulceration / gangrene

* Vital signs :-

- Peripheral Pulse.
- Blood Pressure
- Temperature
- Respiratory Rate.

Respiratory

General Examination

* Face :-

Cachexia =
- weakness & wasting of the body due to severe chronic illness.

- Anemia "Pale conjunctiva & mucus membrane"

  Relation:- - Anemia of chronic illness
  - Anemia causes dyspnea.
  - Anemia can Precipitate heart failure.

- Jaundice "yellow sclera, skin, mucous membrane".

  Relation:- - Lung Ca. metastasis to liver
  - Rt. sided heart failure → liver congestion.

- Plethoric face:- "d/t polycythemia"
  - Secondary to COPD "chronic bronchitis"

EBTESAM SALAH

Generated by CamScanner from intsig.com

- Central Cyanosis:- "lips, tongue"

  Relation:- - Severe respiratory disease.
  - Acute pulmonary edema.
  - Pulmonary embolism.
  - Asphyxia.

- Unilateral Ptosis :-

  Relation:- - Horner syndrome
  d/t Apical lung tumour.

Horner → "Ipsilateral Partial Ptosis + ipsilateral miosis + enophthalmus + anhydrosis

* Neck :-

- LAP "lymph adeno-pathy" :-

  Relation :- - TB
  - lung Ca. metastasis
  - Sarcoidosis.
  - Connective tissue disease (SLE - Rheumatoid arthritis)

- JVP :- - ↑ JVP = RVF

  Relation :- Cor-pulmonale.

- Tracheal Position :- - by using 3-finger technique.

- Tracheal tug :- "finger on the trachea moves inferior ē inspiration" ----> Indicate severe lung hyper-inflation

- Crico-sternal distance :-

  - distance b/w suprasternal notch & Cricoid cartilage "normally 3-4 finger breadth"

  If less → lung hyperinflation.

Generated by CamScanner from intsig.com

- Neck swelling "thyroid"

  Relation :- hypothyroidism :- Can cause Pleural effusion.

* Hands:-

- Clubbing:-

  Relation:- - Lung Cancer
  - chronic suppurative conditions * Bronchiectasis - Cystic Fibrosis - lung abscess - empyema"
  - Pulmonary Fibrosis
  - mesothelioma.

B. Asthma ⇓ No clubbing

- Peripheral cyanosis..
- tar stains. → "smoking" → COPD / lung Ca.
- fine tremor:-

  Relation:- B_2 - agonist use.
- Asterixis "flapping tremor"

  d/t:- CO_2 retension
- Tender wrists:- "hypertrophic - pulmonary osteoarthropathy":- - Almost always associated with lung Ca. "usually squamous cancer"

* It's clubbing associated with pain / swelling affect the wrists and ankles.
* By x-ray:- sub-periosteal new bone formation.
  Isotop scan:- ↑ Activity
  Blood:- ↑ Alkaline phosphatase.

- Pulse:-
  - bounding Pulse:- - CO_2 - retension
  - Pulsus Paradoxus:- - Acute Severe Br. Asthma.
- Temperature:-
  - Fever:- In cases of chest infection.
- Respiratory rate / type of Breathing:-

* Lower Limb:-

- Bilateral leg swelling-

Relation → Rt. Ventricular failure which could be "d/t cor-pulmonale"

- Unilateral leg swelling:-

Relation:- - DVT → can complicated ē Pulm. Embolism.

- Erythema nodosum :-

Relation:- Sarcoidosis.

GIT

General Examination

→ Face :o

- **Jaundice** :-

  Relation:- - liver dix
  - obstructive Jaundice (Biliary system obstruction)

- **Anemia "Pallor"** :-

  why? :- - Anemia of chronic illness
  - Nutritional deficiency
  - malabsorption dix
  - terminal ileum dix.

- **Xanthelasma** :-

  Relation:- - PBC "Primary Biliary Cirrhosis".
  - chronic obstruction.

- **Kayser - Fleischer ring** "green-yellow ring at corneal margin"

  seen in:- Wilson's disease

- **Sunken eye** "Dehydration"

- **Angular stomatitis** :-

  Relation:- - thiamine deficiency.
  - B_{12} deficiency.
  - Iron deficiency.

- **Mouth Pigmentation** :- "lips - oral mucosa"

  Relation:- - Peutz-Jeghers syndrome.
  (Associated with multiple GI-Polyps that may cause obstruction, bleeding or intussusception - ↑ risk of GI cancer)

- **telangiectasia** :- "small, dilated Bl. Vss on surface of skin or Mucous membrane."

  Relation:- - Osler - weber - Rendu Syndrome "hereditary telangiectasia"

  "- can Cause epistaxis - GI bleeding"

- **oral ulcer**:-

  Relation:- - IBD "inflammatory bowel disease"

- **Glossitis** :-

  Relation:- - Iron deficiency
  - B12 deficiency
  - folate deficiency

→ Neck :-

- **Cervical Lymph Nodes :-**

  Relation :- - enlarged left supra-clavicular lymph node
  (Virchaw's node / Traisier's sign)
  Suspect Gastric carcinoma ?

- **JVP :-**

  Relation :- Liver dysfunction / Renal hypofunction
  → leads to overload → ↑ JVP
  - Pt with Tricuspid Regurge :-
  ↑ JVP ± Pulsatile hepatomegaly

- **Thyroid Swelling.**

EBTESAM SALAH

→ Hands / Arms :-

- **Clubbing** :-
  Relation :- - liver cirrhosis .
  - IBD .
  - Celiac disease.
- **leuconychia** :- "whitening of the nail"
  Relation :- - hypo-albuminemia
  "liver cirrhosis"
- **Koilonychia** "spooning of the nails"
  Relation :- -Iron deficiency
- **Muehrcke's lines** " transverse white lines "
  Relation :- - hypoalbuminemia.
- **blue lanulae** :- - Bluish discoloration
  seen in Wilson's disease.
- **Palmer erythema** :-
  Relation :- - chronic liver disease.
- **Dupuytren's Contracture** "thickening and fibrous contraction of palmar fascia)
  Relation :- - Alcoholic liver disease.
- **Hepatic flap / asterixis** -
  - hepatic encephalopathy

- **Inspect Arm for:-**
  - Bruising
  - Spider nevi
  - Tattoos.

  → Stigmata of liver cirrhosis

  Risk factor for liver disease:
  - track mark → I.V drug abuser.
  - AV-Fistula (in CKD patient).

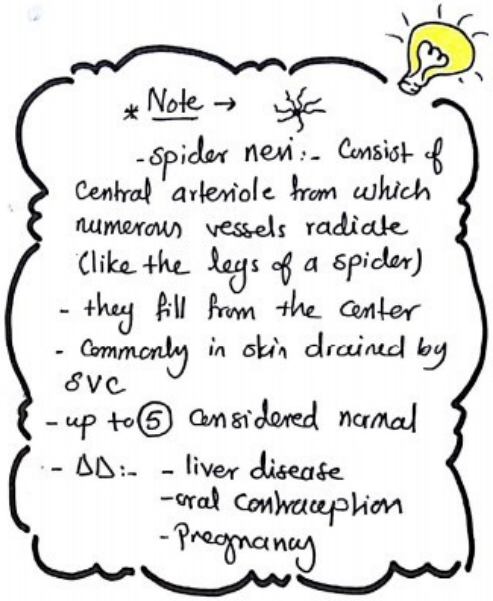
- **check Pulse:-**

  High volume:- -Anemia
  -thyrotoxicosis

  low volume:- -dehydration

  tachycardia:- -dehydration/ hypovolemia

  Bradycardia:- obstructive Jaundice.


* Note →
-Spider nevi:- Consist of Central arteriole from which numerous vessels radiate (like the legs of a spider)
- they fill from the center
- Commonly in skin drained by SVC
- up to (5) considered normal
- DD:- - liver disease
-oral contraception
-Pregnancy

- **BP:-**

  -↓ BP:- Dehydration.

- **Temperature:-**

  ↑ T° → Infection / Sepsis

- **Respiratory Rate.**

→ Lower Limbs:-

- **Pedal edema:-**

  If Bilateral:- - think of liver cirhosis as a ΔΔ.

- **Erythema nodosum..**

  - Crohn's disease.

- **Dermatitis herpetiformis:-**

  "itchy blisters in groups on knees, elbows, scalp"

  Ass ē:- Celiac disease.

- **Peripheral Pulse.**

EBTESAM SALAH